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FRIDAY FACTS

The Navy and Marine Corps Public Health Center Wounded, Ill and Injured (WII) Website Updates

The NMCPHC has added a new WII Resource Directory on their website. The directory is

a supportive guide of fact sheets, web links to other partners/organizations and other valuable military resources. This resource is a "one stop shop" concept that can be utilized by providers wanting to educate their patients on various health promotion topics or it can be used as a quick reference guide linking to other organizations. Sailors, Marines and their family members will find this to be a valuable resource. It can link members to information on veteran services, services provided by the Military Home Front and fact sheets on various topics, to include substance abuse, care giver, case management, suicide prevention, compassion fatigue, family member/children/support system, fitness, stress, nutrition, post traumatic stress



disorder, traumatic brain injury and sleep. A listing of military helping organizations is also available. Access to this website is located at: http://www.nmcphc.med.navy.mil/downloads/wii/resources/WII Directory of Health BehaviorFactSheets.pdf

In addition, the "No If ands/or Butts" book has been updated to serve the specific needs of the WII members. The first version of the book was developed to discuss the stressors of our military population and focus on resources available to help them quit tobacco use. The book has now been updated to reflect the specific needs of the WII population, such as the effects of tobacco use on wound healing, TBI and PTSD. Included in the book are self-help activities and online resources. It is fully downloadable and available on the WII website.

Other Newsletters Available from NMCPHC

Did you know there are other electronic newsletters available from NMCPHC, HP & Wellness Department? You can be added to the distribution of SHARPNews and/or the Blue H News by e-mailing Bob MacDonald at: Michael.r.macdonald@med.navy.mil

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New Wounded, Ill and Injured Team, Intimacy and Relationship Webpage



During a site visit to the Wounded Warrior West location, the Navy and Marine Corps Public Health Center, Health Promotion and Wellness (HPW) Dept., Wounded Ill and Injured (WII) Team noted that there was a need for sexual health education referencing intimacy and relationship issues as a result of mental and physical injuries sustained during combat. These issues can be compounded by physical disability, pain, distress and stress-related disorders. These injuries could complicate emotional and behavioral responses which may adversely impact family relationships and prevent re-establishing intimacy. This is rapidly being recognized as a problem for our wounded service members and their families. Many of them are experiencing difficulty readjusting to life at home and within the community.

The WII Team has added resources to the NMCPHC WII website to provide support to WII service members who may be experiencing intimacy and relationship issues. These resources are now posted and can be located at: http://www.nmcphc.med.navy.mil/WII/wii intimacy relationship.aspx

DoN Work/Life Program First Goal for 2012: Financial Health

The first DoN Work/Life goal for 2012 is focusing on improving our FINANCIAL HEALTH. DoD has the following resources available at no cost:

www.saveandinvest.org

This DoD website was developed in 2003 for all DoD employees to provide extensive financial educational information on debt control, investment planning, saving, retirement, fraud, and protecting your money. There are a number of tools available including a retirement calculator, a risk assessment meter, a credit score analysis, a fund analyzer, a savings calculator, and a college fund calculator.

http://www.govexec.com/discount/

This website outlines discounts available to military and federal employees for merchandise and services.

http://www.cpms.osd.mil/finfit/finfit_financialIQ.aspx Increase your financial IQ with downloadable educational podcasts.

http://www.cpms.osd.mil/forms/fas/benefits/BenefitsTool.aspx Know what you have. This DoD tool assesses the monetary value of your federal benefits.

http://www.cpms.osd.mil/finfit/resources.aspx DoD Financial Fitness Posters



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USDA Releases SuperTracker!



As we enter the New Year, Americans are looking for ways to meet their New Year's Resolutions. Topping many lists is healthy eating, being active, and managing weight. Introducing SuperTracker...

On 24 December 2011, the USDA Center for Nutrition Policy and Promotion (CNPP) released a new online diet and physical activity planning, assessment, and analysis tool called SuperTracker. SuperTracker is designed to help Americans implement the 2010 Dietary Guidelines for Americans and the 2008 Physical Activity Guidelines for

Americans. With this tool, users can do everything from a quick food look up to in-depth diet and activity tracking and analysis over time and weight management.

The SuperTracker is accessible from the ChooseMyPlate website at: https://www.choosemyplate.gov/SuperTracker/default.aspx

Note: SuperTracker will overlap with the existing tools (Tracker, Food Planner) for a period of time to allow users to make the switch. Users are encouraged to move to SuperTracker since the previous tools will eventually be phased out.

